

# Tips to Reduce Moisture

Mold needs moisture to grow. The best way to reduce mold in your home is by controlling moisture. Moisture can come from many places, like leaking pipes or condensation on a window. To clean up mold you need to fix the water problem.

## Tips to Reduce Moisture

- Fix leaks in the roof, pipes, foundation, or fire-protection sprinklers.
- Fix dripping water faucets.
- Control water sources like indoor waterfalls and house plants.
- Know that line drying clothes in the house can put moisture into the air.
- Put any cloths you use to soak up excess water in the dryer instead of line drying.
- Vent your clothes dryer to the outside.
- Clean drip pans in air conditioners and other appliances regularly.
- Open a window or use an exhaust fan when washing dishes.
- Use exhaust fans when cooking (especially when boiling liquids).
- Open a window or use an exhaust fan when showering. Leave the fan on or the window open for at least 30 minutes after showering.
- Have everyone in your house shower at the same time of day. This will let the bathroom dry out each day.
- Make sure your roof gutters are clean and not blocked. Also be sure that landscaping, gutters, and downspouts are not leading water into or under your house.
- Clean up water spills and leaks quickly (within 24-48 hours) to help prevent mold from growing.

In Utah, condensation is usually only a problem in the winter because of the cold weather. Condensation happens when the warm air inside touches something cold like a window or cold pipe. Often, a window with condensation on it will look foggy or have little water drops on it.

When trying to control condensation, don't let warm indoor air touch a cold surface (like a window) long enough that the air gets so cold it forms condensation. Using fans can help keep the air moving. You can also add insulation to cold pipes or windows to help control condensation.

## Tips to Control Condensation

- Open a window (even just a crack).
- Move furniture away from the wall (3-6 inches).
- Use fans.
- Use air conditioners.
- Cover cold water pipes with insulation.

Sources:

Environmental Protection Agency (EPA)  
Salt Lake Valley Health Department

